

Monday 24

5 rounds for time of:

Run, 400 m

10 Overhead Squats, pick load

MLT: 23', SFR: 15'

+ Optional Accessory

MW

Tuesday 25

21-15-9 reps, for time of:

Devil Press, 35/25 lbs

Knees-to-elbow

MLT: 12'30, SFR: 8'30

+ Optional Accessory

GW

Wednesday 26

Each for time:

Row: 5x 500 m

MLT: 2', SFR: 1'40

+ Optional Accessory

M

Friday 28

For weight:

Clean & Jerk 2-2-2-2-2-2-2

MLT: 70%, SFR: 85%

+ Optional Accessory

W

Saturday 29

AMRAP in 15 mins of:

Run, 100 m

Walking Lunge, 10 m

1 Rope Climb, 15 ft

MLT: 7, SFR: 10

+ Optional Accessory

MG

CrossFit Linchpin



24 January 2022